



HOW TO BE HEALTHY AND BEAUTIFUL

BY MRS. HENRY SYMES



New Styles in Hairdressing

Soft and Becoming

THE woman who neglects to give her hair the importance that a perfect hanging skirt, but the average woman pays much more attention to the latter, than to the former.

The latest high coiffure is an extremely forward affair, usually with a little cluster of curls or puffs coquettishly arranged just a trifle to one side. The object is to have both coiffure and hat as piquant looking as possible.

The new styles of hairdressing will, in many instances, require the use of false hair. In addition to curls and puffs, Dutch braids will be used, and the shaped pompadour roll retains its long-standing popularity.

The woman who has too much hair has much more difficulty in arranging it becomingly than the woman with scanty locks. It is hard to arrange the heavy mass so that it will not ruin the lines

of the head. The English coronet dressing is particularly adapted for this, and the illustrations show the two most becoming ways of arranging it—one that will tend to add to the height, the other giving a low, broad effect.

Many modish French women are wearing their hair dressed low for evening. Sometimes it is parted and waved softly on the forehead; but in the majority of cases a low pompadour is worn. The front hair is rolled over this, forming a twist on either side, below which the hair is arranged in long, narrow fashion, beginning at the top, about the center of the head, and ending at the nape of the neck. Invisible hair nets are arranged over the entire head so as to keep stray locks in place.

The young girl should avoid artificial hair in any form and all elaborate modes of hairdressing. When the eyes are bright, the skin fresh and blooming, simplicity is the thing. The beauty of a young girl's hair lies in its glossiness, the sheen and life and color that come from good health and care. It is the most simple style of hair-

When the New High Combs are Used

Coronet Braid when the hair is heavy

When Puffs are Used

Curving the Ends adds a Smart Touch

MRS. SYMES' LITTLE TALKS ON BEAUTY TOPICS

MARTHA—I do not know of any lotions that could be safely used for the removal of your eyebrows. Consult a skin specialist, who could most likely remove them so that they would not reappear.

AN ADVICE SEEKER—I think Dr. Shoemaker's bleach will be best for your case.

DR. SHOEMAKER'S BLEACH
(For Freckles and Brown Spots.)
Bichloride of mercury in coarse powder, 8 grains; witch hazel, 2 ounces; rosewater, 2 ounces.
Agitate until a solution is obtained. Moisten the affected parts. Keep out of the way of ignorant persons and children.

T. M. G.—The following treatment will, I am sure, remedy your trouble.

CURE FOR PARASITES.
Get a cake of bichloride of mercury soap (the imported is the best) and cut it into halves and shave one-half into the bath. Dissolve it in boiling water. You may see the mites on the stove over a gentle heat, if you choose. You should have water to form a jelly-like mixture when cold. To use, first wet the hair thoroughly with clean warm water, then rub the soap mixture into the hair, taking care that every particle of the scalp is thoroughly saturated with the soap mixture. Give the head a good shampoo with this mixture and rinse several times.

If you follow these directions correctly, the result will be successful.

MOTHER—Use the remedy given to T. M. G. for the removal of parasites.

GRATEFUL—I repeat with pleasure the formula for borax glycerine jelly. Am glad you found it so satisfactory. Personally, I think it one of the best of toilet jellies, and many of my correspondents report that it has kept their hands smooth and free from chapping in winter, when all other remedies had failed.

BORAX GLYCERINE CREAM JELLY.
Tragacanth, whole, 50 grains; water, 13 ounces; glycerine, 2 ounces; alcohol, 1 ounce; borax, 40 grains.
Macerate the gum in the water until perfectly soft, strain through muslin; dissolve the alcohol in the glycerine by the aid of heat, add to the muslinage, then incorporate the alcohol; perfume to suit, and add, if necessary, enough water to make 16 ounces.

CONSTANT READER—A simple exercise that will tend to increase your height is to stand on the balls of the feet, the head erect, chest extended, and raise yourself to your tiptoes fifteen or twenty times daily. At the same time extend your arms straight over the head as high as you can. It is interesting to make a mark in the beginning, showing how high you can reach, and then watch the progress you are making.

MARGARET—I am repeating the formulas for cherry lip salve and rose sachet. Am glad that you have found them so satisfactory.

CHERRY LIP SALVE.
Spermaceti ointment, one ounce; balsam of Peru, fifteen grains; alkanet root, fifteen grains; oil of cloves, five drops. Heat the alkanet in the spermaceti ointment until the latter melts

and the whole is a deep rose color. Pass through a strainer, then slightly cool stirring in the balsam. Let it settle for a few moments, then pour off the clear part and add the oil of cloves. Pour into small pots. It is ready for use as soon as cold.

ROSE SACHET POWDER.
Powdered Florentine orris, eight ounces; rose leaves (air dried), ten ounces; musk in powder, twenty grains; lavender flowers, two ounces; civet, ten grains.
Mix well and keep closely corked until you wish to use for the sachet.

R. A. D.—I advise you to consult a reliable physician in regard to your trouble.

F. S. B.—I am giving you cure for freckles as requested. I think you will find the lotion for removal of premature wrinkles beneficial for the deep furrows you describe.

TO REMOVE DANDRUFF.
Tincture of cantharides, one ounce; liquid ammonia, one dram; glycerine, one-half ounce; oil of thyme, one-half ounce; rosemary oil, one-half dram.
Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

LOTION FOR PREMATURE WRINKLES.
Alum, seventy grains; almond milk (thick) one and a half ounces; rosewater, six ounces.
Dissolve the alum in the rosewater, then pour gently into the almond milk, stirring constantly. Apply with a soft linen cloth every night before retiring.

PEARL C.—I have heard of cases where smallpox pits have been removed by an expert dermatologist. Specialists are not recommended through this department, but your family physician could no doubt recommend a reliable expert.

MARGARET S.—The following is a good cleansing cream:

CLEANSING CREAM.
White wax, two ounces; spermaceti, two ounces; sweet almond oil, twelve ounces; distilled water, two ounces; glycerine, two ounces; salicylic acid, ninety grains.

Face Gets Blue.
Being a constant reader of your Health and Beauty Column, I would like you to kindly let me know what would be good for my face. Every time I go out in the cold my face gets awfully blue. Please let me know what is the reason. A READER.

Just before going out rub your face all over with a good cold cream and wipe off with a soft cloth. This will induce a rapid circulation of blood and keep the face from getting blue from cold.

Bleach for Brown Spots.
Will you kindly publish in your Beauty Column the face bleach which contains salicylic acid and bay rum? I have lost my recipe, and would like to know very much the exact quantity of each before

purchasing. Thanking you for your many useful hints, I am, M. G. D.

WHITENING LOTION FOR FRECKLES AND BROWN SPOTS.
Salicylic acid, 60 grains; bay rum, 4 ounces.
Label. Apply night and morning with a soft cloth or sponge. This lotion soon removes the freckles and brown spots, and a slight roughness of the skin, which should be subdued by the use of glycerine of starch.

Wants Good Complexion.
How long will I have to continue using orange flower cream to show any improvement in filling out the cheeks?
All the girls that I go with have perfectly lovely complexions.
Now, what can I do to have a good and perfectly clear complexion, for I know if I can procure one it would be the happiest day of my life? Would it hurt the skin to use orange flower cream and the remedy that you may give me for a nice complexion? I thought perhaps it may affect the skin using two remedies.
If you would publish this in next week's paper, I would greatly appreciate your kindness. F. G.

To gain a good complexion, go in for hygienic living. Get plenty of fresh air and a reasonable amount of exercise. Drink quantities of water. Take a bath daily. Keep the skin of your face perfectly clean and massage it daily with the orange flower cream or some equally good skin food.

Hair Falls Alarmingly.
Am a constant reader, and as I am much worried about my hair, which is falling out alarmingly, I thought perhaps you would advise me as to a good, safe hair tonic, one which would make it a little more oily, as it is rather dry. I also have some dandruff. Kindly give me the formula to make a hair tonic; also please publish formula for a good hair cream. As every day adds to my anxiety about my hair, you will find me very much by publishing both formulas in next week's paper. Miss H. M.

I am giving you formula for a tonic which has proved most beneficial in cases of dry, falling hair. The orange flower cream, so frequently published in this department, is one of the best skin foods I know of.

FORMULA FOR DRY, FALLING HAIR.
Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, 1 ounce; oil of rosemary, 1/2 dram each.
Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

Hair in Bad Condition.
Having been a constant reader of your column, I thought I would come to you for advice. I am having so much trouble with my hair; it is so split at the ends and is so very thin. It has fallen out dreadfully in the last year. I would be so very thankful if you will be so kind as to tell me what I can do to improve its condition. I have very little dandruff. I would like to know

of camphor and gradually add to it the muslinage and mix thoroughly.

LOTION FOR ENLARGED PORES.
Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of soft linen.

Red Nose in Winter.
I have read your advice to others, and, therefore, hope to receive some myself. What simple cure would you prescribe for a nose which grows red and shines, whenever exposed to the least cold?
J. M. S.

If exposure to cold is the cause of your red nose, try rubbing your face with a complex brush before going out and you will transfer the color from your nose to your cheeks, as the brush stimulates the circulation and puts the color where it belongs.

Wants Red Hair Changed to Brown.
Having heard of your good advice to others, I am now going to ask you to help me.
Can you tell me anything that will turn my hair brown? It is red now, almost an auburn; the front is much lighter than the back. A. M. M.

I do not know of any treatment that will successfully change red hair to brown. Red hair, when kept in good condition, is always attractive, and I advise you to be content with the color nature has bestowed upon you.

Sallow Skin.
Will you please tell me what is good for sallow complexion? Some mornings my skin will be dreadfully sallow, and still I have lots of color. Do you think coffee just taken mornings would make anybody's skin look like that? Some advise me to drink hot water before meals, but I have tried that, and it does not make any difference. Will you please advise me as to what you think would be the best for me? DORRIS.

A sallow skin usually indicates some disturbance of the liver or digestive organs and should be treated from within. An old-fashioned remedy for sallow skin was used by our grandmothers with great success was the external and internal use of carrots. A thin drink of carrots was taken in the morning before breakfast. This cleansed the system and made it ready for the reception and digestion of food.

Wants Wavy Hair.
Will you please tell me if you know of anything that will make the hair wavy and also if you know about how long it will take for peroxide of hydrogen to bleach the face white? I have used your lotion for blackheads and find it very good. A. B. B.

I do not know of anything that will make the hair permanently wavy; however, by using the curline recommended to "M. G. T." today, and doing the hair up on kids or curlers a wave may be obtained that will last for a long time. A few applications of peroxide of hydrogen are all that are usually required to bleach the skin.

Black Freckles.
Having never written to you before, but have read how you have helped others, I would like to ask if you can give me a good remedy for dark and obstinate freckles. I saw one of your recipes, but do not think it will help me any, as it is for light freckles. A. C.

I think the following paste will prove successful in the removal of your freckles.

OBSTINATE FRECKLES.
Oxide of zinc, 1/2 dram; sublimate of bismuth, 1/4 dram; dextrin, 1/4 dram; glycerine, 1/2 dram.
Spread the paste upon the freckles at night before going to bed. In the morn-

ing remove what remains with a little powdered borax and sweet oil.

EVANGELINE—Massage with the cream for which I am giving you formula, use a rotary motion, upward and outward. Also make frequent applications of cold water and rub briskly with a rough towel. The Vaucare remedy, taken internally, is most excellent.

LAST FLESH THROUGH SICKNESS.
I was advised to consult you about myself. Through sickness, I have lost considerable flesh, and the left my face in wrinkles and a deep line about my mouth. My bust also has wasted away. Please advise me what to do to remove the wrinkles, and if a flesh food would be required. If so, please name the best of anything that would not discolor the skin. What can I do to develop my bust? B. R.

You cannot do better than massage your face with orange flower cream for a while I am giving you formula. To develop your bust, try taking the Vaucare remedy, and, in addition to this, daily massage will help to bring quicker results.

ORANGE FLOWER CREAM.
Oil of sweet almonds, 4 ounces; white wax, 5 ounces; spermaceti, 4 ounces; borax, 2 drams; glycerine, 1/2 ounce; orange flower oil, 2 ounces; oil of neroli, 15 drops; oil of petit grain, 15 drops.
Melt the first three ingredients, add the glycerine to the white flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.
DR. VAUCAIRE'S REMEDY FOR THE BUST.
Liquid extract of sarsaparilla, 10 grains; lacto phosphate of lime, 10 grains; tincture of fennel, 10 grains; simple syrup, 400 grains.
The dose is two spoonfuls with water before each meal.
DR. VAUCAIRE also advises the drinking of malt extract during meals.

To Keep the Face Clean.
I read your beauty columns and derive much help from them.
I wish you would kindly tell me how to keep my face clean.
We live in the coke region, and the town is very dirty. My face is so dirty all the time, and if I use soap on my face, the skin gets fearfully rough and ugly. Have large dirty pores, especially around and on my nose. What am I to do if I can't use soap and brush? I

will produce illness, and to guard against this, even if there were no other reason for the use of the thermometer, the nurse should never neglect putting it in the bath.

The following is a table of the temperature of baths, which is useful to keep for reference:
Cold bath—80 to 85 degrees Fahrenheit.
Tepid bath—85 to 90 degrees Fahrenheit.
Warm bath—92 to 98 degrees Fahrenheit.
Hot bath—95 to 110 degrees Fahrenheit.
The heat last indicated is only used when a hot bath for use in illness is needed.
The frequent use of baths at this temperature would be very enervating indeed.

The infant's first bath should be not under 100 degrees Fahrenheit, and it may be given at this degree of heat for the first week or so, gradually lowering the temperature, as the child grows, till at 3 or 4 months it may be given at 90 to 92 degrees Fahrenheit.

Health Hints
Baked bananas are very nourishing and easily digested. There is as much difference between a raw banana and one that is cooked as between a raw potato and a baked one.

An excellent exercise which will help to overcome the heavy, torpid feeling so common to corpulence is to contract and expend the muscles about the lower ribs, by practicing the muscular movements of breathing without taking in any breath.

The face should always be gently handled, and the amount of rubbing that it can endure with benefit will depend largely upon the individual. I prefer the use of a soft towel for wiping the face, and the finger-tips for giving massage.

Answers to Correspondents